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JULY 4, 1934 (WEDNESDAY)

THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture.

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all.

Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry, or cheese
A fruit or additional vegetable	
Milk for all	

NEXT TO MILK, EGGS

If we had to do without milk, the next most valuable single food would be eggs. Eggs are more nearly interchangeable with milk in nutritive value than any other food, according to scientists whose life-work is the study of foods.

Eggs are so very important, says the Bureau of Home Economics of the U. S. Department of Agriculture, that this country would be better off if everybody could be sure of at least three or four eggs a week, and more if possible. Apparently we did average something like that a few years ago. But more eggs are eaten on the farms that produce them, it seems, than by people who must buy them, and a great many people get eggs very seldom indeed. Certainly, at city prices, a dozen or two of eggs for the family each week makes something of a hole in a food budget trimmed down to the slimmest pocketbooks. But maybe, at that, the

eggs would be a better investment in food values than some other things that seem cheaper.

Let us see why, says the Bureau of Home Economics of the U. S. Department of Agriculture. Eggs are easily digested--so easily that we give them to babies and invalids. That means we digest an unusually high percentage of the food substances eggs contain. And, with just two important exceptions, eggs are rich in all the known food substances necessary for growth and development of the human body. The exceptions are calcium and vitamin C. For those we look to other foods. But the egg has proved its concentrated food value because it does actually feed the embryo chick, providing everything the chick needs to put him actually on his feet and walking as soon as he is hatched. The chick, by the way, gets calcium from the egg, although we can't. He gets it from the shell, which we discard.

The important nutritive values of the egg are its protein, fat, minerals (especially phosphorus and iron), and vitamins (especially A, B, D, and G). And as these are food values that change very little when eggs are properly cooked, it doesn't matter much, nutritionally speaking, whether you take your eggs raw or cooked.

The big point is <u>how</u> to cook them. That has much to do with the digestibility of eggs. Always cook them slowly, at moderate, even heat.

For soft-cooked eggs or for hard cooked eggs with tender whites, start the eggs in cold water to cover, supported on a rack. Heat the water gradually to simmering, but do not let it boil. Boiling temperature toughens white of egg. The temperature of the water should not be allowed to go higher than 185° F. For soft-cooked eggs, remove from the fire when the water simmers (or is 185° F.), cover the pan, and let stand for a few minutes. The length of time required must be found by experience. The number of eggs cooked at a time, the size of the pan, and the quantity and temperature of the water all affect the rate at which eggs

cook. For hard-cooked eggs, continue the cooking over a low fire for 30 minutes after the water simmers, and keep it below boiling.

To poach eggs, break them into enough boiling salted water to cover them in a shallow pan, and immediately remove from the fire. Cover and let stand for about five minutes. Remove the eggs carefully with a perforated spoon.

To fry eggs, break them into a moderately hot pan containing bacon or other fat, and cook over a low fire. If the eggs are to be cooked over the top, dip up the hot fat with a spoon and pour it over the yolks until a coating is formed. Or, if preferred, turn the eggs carefully and cook them on both sides.

For shirred or baked eggs, break them into a shallow buttered baking dish or ramekin, dot with butter, and sprinkle with salt and pepper. Place the dish in a pan of water and bake in a moderate oven (350° F.) until the whites of the eggs are set.

Even when the price of eggs is up, they are comparatively cheap as a main dish for any meal, because they give so much food value for the money.

With eggs and milk, greens or tomatoes, and bread, you have all the kinds of food you need for a meal; or say you have an omelet, toast and fruit, with milk to drink; or creamed hard-cooked eggs, or baked eggs in white sauce or eggs with salt pork or bacon--to any of these add tomatoes or cabbage, or fruit, drink milk or buttermilk, and you have a balanced meal.

And keep this in mind for economy's sake: Two protein dishes, like eggs and lean meat, eggs and fish, or eggs and beans, served at one meal, are extravagant. If you wish to keep your food bill down, and at the same time keep the family diet balanced, use eggs as a main dish when you are not serving lean meat, or beans.

Baked Eggs and Rice in Tomato Sauce

1/2 cup uncooked rice
1 pint canned tomatoes
3/4 teaspoon salt
1 bay leaf
1/2 onion
4 cloves
2 tablespoons melted butter or other fat
2 tablespoons flour
5 eggs
2 tablespoons grated cheese
1/2 cup buttered bread crumbs

Cook the rice in a large quantity of boiling salted water for 20 minutes, or until tender, wash in cold water, drain, and let steam and swell over hot water. Prepare a sauce by cooking the tomatoes and seasonings for 10 minutes, strain, and thicken with the blended fat and flour. Make a layer of the rice in a shallow greased baking dish, drop the raw eggs carefully on the rice, pour on the sauce, and sprinkle over the top the grated cheese mixed with the buttered bread crumbs. Bake in a slow oven (about 275° F.) until the eggs are set. Serve in the baking dish.

Eggs Scrambled with Shredded Lettuce or Cabbage

Shred the lettuce or the cabbage fine, with a very sharp knife. For 6 eggs chop enough onion to make a tablespoonful. Melt 1 tablespoon of butter in a saucepan, add the onion, cook until the onion is soft. Beat the eggs until they are well mixed but not light, adding 1 tablespoon of milk for each egg. Add the beaten eggs to the butter and onion, with salt, pepper, and the shredded lettuce or cabbage. Cook slowly, stirring with a fork until the eggs are "set", turn at once into a hot platter and serve.

Flat Omelet with Onion

Beat the eggs with 1 tablespoon of milk for each egg and salt to taste. Stew chopped onion in butter until the onion is tender, stir into the beaten eggs. Pour a thin layer of the mixture into a hot greased pan and cook slowly and evenly. When brown on the bottom, roll the omelet in the pan and turn it out on a hot platter.

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RELEASE FOR PUBLICATION
JULY 25, 1934 (WEDNESDAY)

THE MARKET BASKET

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Bureau of Home Economics, U. S. Department of Agriculture.

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all.

Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
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A fruit or additional vegetable	
Milk for all	

NOT TWO OF A KIND WHEN MONEY IS SCARCE

You don't, if you know it, serve two dishes of a kind at the same meal--especially not if you are trying to keep your food costs down. The family doesn't need two of a kind, even of the cheapest kind. But the fact is, you may have noticed, that the commonest mistakes of this sort come with protein foods and starchy foods--protein the most expensive kind, and starch the cheapest kind. How often you see two protein dishes at one meal! Maybe these are two kinds of meat, or meat and eggs, eggs and fish, meat and cheese, cheese and eggs, meat and dried beans, and so on. And oftener still, no doubt, you see two starchy foods, such as macaroni and potatoes, white potatoes and sweetpotatoes, rice and potatoes, or rice and noodles, or other such repetitions.

There is nothing harmful in the double-protein, double-starch meal, says the Bureau of Home Economics of the U. S. Department of Agriculture, provided you can afford to serve, also, enough of the other kinds of food you need. Ham and

eggs are fine together if you can afford them. But in actual food value, when you have to count every penny in order to get the variety of foods the family must have to be healthy, ham and eggs with bread and butter would probably not mean as much to you as ham and cabbage, or eggs and tomatoes, either of which combinations with bread and butter, would cost you less. You are better off with fish and turnip greens, for instance, than with fish and eggs, without the greens, because in fish and greens you are getting a greater variety of food substances than in the two protein dishes.

To keep your food bill down, it is a good thing to make out a market list at the beginning of each week, says the Bureau of Home Economics, in some such way as this: Count so much for such protein foods as meat, fish, and eggs; so much for milk, so much for vegetables, fruits, so much for cereals and breadstuffs, sugar and fats. There are rules to guide you in that--you divide your money in five parts and for a sufficient and properly varied food supply at minimum cost, you would spend your food money this way:

About one-third for milk and cheese
A fourth or less for vegetables and fruits
About one-seventh for lean meat, eggs, or fish
About one-seventh for bread, flour, and cereals
The rest for fats (including butter) sugars, coffee, tea, seasonings, etc.

When you plan that way you will find you want to space out each kind of food to make each meal as varied as possible. On the days when you have meat you won't have baked beans. If you have an omelet you won't need beans that day. But you may want beans on a meatless day, or an eggless or fishless day. And if you can't eke out a protein dish for every day in the week, let everybody in the family drink an extra pint of milk; or you might serve the family a milk soup--for milk is a good protein food, besides supplying calcium and several other things. Milk is one thing on which it is not a mistake to repeat. It has food values that fill in almost every kind of gap if other foods run short.

It is important, by the way, to distinguish between fat meat and lean when we are talking of food values. There is very little protein in bacon or salt pork, or fat back. They are chiefly fat--therefore energy foods. It is the lean meat that is the protein food--muscle meat, liver, kidneys, and other edible organs of meat animals, poultry, or fish. Therefore, when you use salt-pork or bacon with eggs or other protein food, you are not repeating on your proteins.

Here is a list of cheap protein dishes, in combination with the kinds of food needed to round out a meal, except for bread and butter and something to drink:

Creamed chipped beef or ham,
with green peppers
Potatoes with parsley butter;
or baked potatoes
Watermelon

Stuffed eggs or omelet
Sliced tomatoes, or panned cabbage
Ginger cake

Codfish, spaghetti, and tomatoes
Blackberry pie

Cheese toast
Fruit salad or raw vegetable salad
Cottage pudding

Fried salt pork
Succotash
Sliced cucumber
Cottage cheese and cookies

Lamb stew
Tomatoes
Quick blueberry pudding

Liver and bacon
Potatoes boiled in skins
Cold slaw

Add bread and butter to each of these combinations, and add milk or buttermilk,--certainly for the children and maybe for you as well--and you have well-rounded meals with one protein dish, one starchy dish, one leafy, green or yellow vegetable or fruit in each. The butter on the bread, the sugar in the fruit or other dessert, fills out your needs as to fats and sweets for the day. Your vitamins and minerals are provided along with your starches and proteins in the bread and meat or eggs or fish, and the vegetables and fruits.

RECIPES

Cheese Toast

1 pound cheese
1 cup milk
2 tablespoons flour mixed with
2 tablespoons water
2 eggs
4 drops tabasco sauce, or a few
grains of cayenne pepper
A little onion juice, if desired
1/2 teaspoon salt
1-1/2 teaspoons baking powder

Shave the cheese into thin small pieces. Heat the milk in a double boiler, thicken with the flour which has been mixed with the water, and cook for 5 minutes. Add the beaten eggs, the cheese, and the seasonings, and cook slowly until the cheese has melted and the mixture is thick and creamy. Allow it to cool; then add the baking powder.

Toast one side of the bread. Spread the cheese mixture thickly on the untoasted side to the very edge. If the cheese mixture does not come to the edges of the bread, they become brown and hard. Brown the cheese delicately under a low flame or in the oven. The slow heat allows the cheese mixture to heat through before it browns, gives it a chance to become light, and keeps the cheese tender and soft. Too great heat makes the cheese tough and stringy. If desired, place a strip of crisp bacon across each slice of cheese toast. Serve it hot from the oven. This recipe makes enough for 12 to 14 slices of bread. The cheese mixture may be prepared, except for the baking powder, the day before it is to be used. Since the mixture stiffens on standing, heat until soft in a double boiler, let it cool, and add the baking powder. Then spread the cheese on the toast.

Codfish, Spaghetti, and Tomatoes

1/2 pound salt codfish, diced
2 cups spaghetti, broken in small pieces
1 quart tomatoes (sliced fresh or canned)
2 bay leaves (if desired)
1 onion, sliced
2 tablespoons chopped parsley
2 tablespoons olive oil or other fat
1/4 cup chopped olives (if desired)
Salt if needed

Soak the codfish in cold water to cover for 2 hours or longer--until sufficient salt has been removed--and drain. Cook the spaghetti in boiling salted water until tender and drain. Simmer the tomatoes and codfish with the bay leaves for about 20 minutes and remove the bay leaves. Cook the onion and parsley in the fat for a few minutes, combine all the ingredients, and cook for a few minutes longer. Serve hot.

Quick Blueberry Pudding

1 quart blueberries
1 cup sugar
1/2 cup water
1/2 teaspoon salt
2 cups soft bread crumbs
2 tablespoons melted butter
1 tablespoon lemon juice, if desired

Pick over the berries, wash, drain, mix with the sugar, water, and salt, and simmer for 5 minutes. Combine the bread crumbs and butter, add to the hot fruit, stir until well mixed, and let stand on the back of the stove for about 30 minutes, but do not let the pudd ing cook. Add the lemon juice and serve the pudding while still warm, with cream (plain or whipped) or top milk.